



What does it mean for you? How do you manage it?

What are leadership stressors?



Why does it matter?

Why does it matter?



Anger
Foggy Thinking
Negativity
Anxiety
Junk Food
Alcohol Misuse
Resentment
Exhaustion
Depression
Pain
Chronic Disease

Thoughts on resiliency ...



What is stress for you?

IDENTIFY WHAT SITUATIONS KICK IN STRESS RESPONSE



When have you handled stress effectively?

IDENTIFY SITUATIONS IN THE PAST



What did you ?

FEEL, THINK, HEAR, SEE, DO

Imagine new situation!



I will ...

I won't ...



May the force be with you ...